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Tuesday



DEFINITELY 'GOT THIS

Go-go godfather Chuck Brown proves he can still groove 35

WAR ON POVERTY

At U.N., Sarkozy **calls on** rich nations to step up to the plate 6



STILL HURTING

Recession may be over, but Obama says much work remains 3







Eye Openers

EyeOpener, for Once, Actually Involves Eyes

Doctors rushed a Cedar Rapids, lowa, man into treatment after they found a worm living in his eye. John Matthews said he sought medical help after he noticed two spots obscuring his vision in his left eye. Doctors shot two rounds of laser blasts into his eye to kill the worm. Matthews said he "could see it from behind, moving, trying to dodge the laser." Doctors think he got the worm either in Mexico or while turkey hunting. (AP)

"I hit him with the end of the pole where the Swiffer was and I just told him, 'You better get out of my house, you sorry SOB, before I kill you.'"

— **PHILLIP GRAHAM**, 71, OF SPARTANBURG, S.C., ON FENDING OFF A HOME INTRUDER WITH A SWIFFER WETJET.

Awesome Car Sullied By Weird Bat Symbol



Police say a car thief in Seneca Township, Mich., has nabbed a \$200 Batmobile replica. A dark gray 1994 Pontiac Grand Am with a Batman insignia painted on the roof was reported stolen Thursday. Police say the person who reported the theft says it was last seen a few weeks ago and was taken from an outbuilding. As of Monday morning, there was no update on the case, police say, but they're seeking tips. (AP)



CHRISTINE PESCH paddles in a hollowed-out pumpkin across a lake at Ludwigsburg Castle on Sunday in Ludwigsburg, Germany. The race is a traditional part of the annual Ludwigsburg Pumpkin Festival. Also on offer: a seahorse made of pumpkins and a biggest-pumpkin contest. (EXPRESS)



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Nation

In Brief

FLINT, MICH.

Serial Stabbings Suspect Faces Murder Charge

A man suspected in a series of stabbings in Michigan and two other states was charged with murder and attempted murder Monday. It's the first murder charge in a stabbing spree that killed five men and injured nine in the Flint area. Elias Abuelazam also is a suspect in two stabbings and a hammer attack in Virginia, and a stabbing in Ohio. (AP)

SCIENCE

Less-Invasive Surgery For Breast Cancer OK'd

Some breast cancer patients may do just as well with a less-invasive surgery to remove selected lymph nodes as with the aggressive operation normally used, a new study says. North American researchers found early breast cancer patients don't need the more interventionist surgery to live longer. (AP)

MADISON, WIS.

Wis. Gov Says DA Caught Sexting Will Be Removed

Wisconsin's governor says he'll start the process to remove a prosecutor caught sending sexually harassing text messages to a domestic abuse victim as soon as he gets a proper complaint. At a news conference, Gov. Jim Doyle said he was appalled by Calumet County District Attorney Ken Kratz's behavior. (AP)

Depression After the Recession

Panel says downturn is over, but many still feel economy's sting

Washington

It turns out the recession ended more than a year ago. Feeling better now?

The panel that determines the timing of recessions concluded Monday that this one ended — technically, anyway — in June 2009 and lasted 18 months. The duration makes it the longest since World War II.

It may be over, but you won't be hearing any cheers from the millions of Americans who are struggling to find a job. Or are worried about the ones they have. Or have lost their homes. Or are behind on the mortgage.

"Every single one of the individuals who wrote the report needs a serious reality check," said Bob Johnson, 46, of the Queens borough of New York, had worked in communications and has been looking for a job for more than three years.



President Obama speaks Monday during a town-hall discussion at the Newseum.

"Something that took 10 years to create is going to take a little more time to solve."

- PRESIDENT OBAMA, DURING A CNBC TOWN-HALL FORUM ON MONDAY IN WASHINGTON.

Not that it's the fault of the academics — in this case, the National Bureau of Economic Research, a group of economists based in Cambridge, Mass. It's their job to declare when recessions officially begin and end. Their finding is one that economic historians spend a

lot of time pondering. Politicians care, too. They don't want to be blamed for downturns that happen on their watch.

One of those politicians is President Obama, who inherited the recession — it began in December 2007, according to the bureau.

Economy's Pulse

Since the recession began, 7.3 million jobs have disappeared. Nearly 2.5 million homes have been repossessed. Unemployment is at 9.6 percent. Since the technical end of the recession, the economy has been growing. But the growth has been painfully slow. How slow? The Organization for Economic Cooperation and Development figures the U.S. economy will grow 2.6 percent this year. It would take growth twice that fast to drive down unemployment by a single percentage point. (AP)

Obama found little reason Monday to celebrate that it had officially ended.

"The hole was so deep that a lot of people out there are still hurting," said the president at a town-hall meeting sponsored by CNBC. His Democratic Party faces a likely setback in the midterm elections.

Obama has made a point of noting small signs of progress in the economy, which is growing slowly.

JEANNINE AVERSA (AP)



Report Signals Small-Battery Dangers: Swallowing button or small batteries can be fatal or cause serious harm, and research suggests that severe injuries in children, though relatively scarce, are on the rise. Small batteries pose a special swallowing risk; even if they don't completely block the throat, they can trigger a chemical process when they lodge there that can burn through tissue within just a few hours. (AP)

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Nation

Justice: FBI Probes 'Troubling'

New report criticizes Bush-era tactics used to monitor activists

Washington

The FBI improperly opened and extended investigations of some U.S. activist groups and put members of an environmental advocacy organization on a terrorist watch list, even though they were planning nonviolent civil disobedience, the Justice Department said Monday.

A report by Inspector General Glenn A. Fine absolved the FBI of the most serious allegation against it: that agents targeted domestic groups based on their exercise of



FBI practices under President George W. Bush drew a rebuke on Monday.

First Amendment rights. Civil liberties groups and congressional Democrats had suggested that the FBI employed such tactics during the George W. Bush administration, which triggered Fine's review.

But the report cited what it called other "troubling" FBI practices in its monitoring of domestic groups in the years between the Sept. 11, 2001, terrorist attacks and 2006. In some cases, Fine said, agents began investigations of people affiliated with activist groups for "factually weak" reasons.

FBI deputy director Timothy P. Murphy, in a response included with the report, said the FBI was "pleased" that Fine "concludes the FBI did not target any groups for investigation on the basis of their First Amendment activities." He said the FBI inquiries were based on information about potential criminal activities. JERRY MARKON (THE WASHINGTON POST)

Health Advances



PROTEIN TANGLES that

clog brain cells in Alzheimer's patients' brains just might determine how fast patients go downhill. Researchers discovered that patients with mild Alzheimer's and high levels of a protein called tau also harbored a genetic alteration that in turn predicted they would worsen faster. (AP)

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Frank Sanya

Nation

Fire Traced to Gun Range

Utah National Guard exercise blamed for destruction of homes

Herriman, Utah

A wind-stoked wildfire sparked at a firing range during a National Guard training session blazed across thousands of acres Monday as crews rushed to keep it from burning more than four homes that were destroyed overnight.

The fire moved back on itself Monday as the Utah National Guard acknowledged it wasn't the first time that live-fire exercises had sparked a fire at Camp Williams, a sprawling compound 30 miles south of Salt Lake City.

Overnight conditions helped firefighters get a handle on the blaze by Monday morning and keep it from spreading, but authorities were trying to keep the evacuated area clear of people as a precaution.

"If we get a change of winds, a pickup in winds, it's game on again," Salt Lake County Sheriff Jim Winder said. "Right now we're in a fairly static situation, but it could turn on us again."



Burned house remains are seen Monday in Herriman, Utah, after a fire swept though.

Residents and Salt Lake County Mayor Peter Corroon were questioning the National Guard's decision to fire weapons in dry and windy conditions Sunday, but Lt. Col. Hank McIntire said wind wasn't a factor until after the fire took hold.

"There's always the possibility that some ammunition will catch brush on fire. We felt like we had it extinguished yesterday, then some embers reignited in the wind and it got away from us," McIntire told The Associated Press on Monday. "That's when the wind picked up and got it going again, and it rolled through Camp Williams."

By early Monday, 1,652 homes had been evacuated, said fire information officer Jason Curry. Four houses were lost, said Steve Sautter, manager of Salt Lake County's joint information center.

U.S. Forest Service spokeswoman Kim Osborn said authorities got a better estimate of the damage by Monday afternoon and reduced it from 10,000 acres to about 3,500, or less than 6 square miles. JENNIFER DOBNER (AP)





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Hearsay

"I shall not be participating. ... I think of it as a nice gesture. And it may well make them feel better, which is a good thing in itself."

— CHRISTOPHER HITCHENS, IN RESPONSE TO THE ASSOCIATED PRESS AFTER FINDING OUT MONDAY WAS INFOR-



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World

In Brief

LUCKNOW, INDIA

Landslides, Monsoons **Batter India. Kill 47**

Heavy monsoon rains and landslides swept the hilly areas of northern India over the weekend, killing at least 47 people, officials said Monday. Twenty-four people died Sunday as falling boulders crushed their homes in three villages in Almorah district in Uttrakhand state, said Prashant Kumar Tamta, a state government spokesman. (AP)

KABUL, AFGHANISTAN

Afghan Officials: It's Too **Early to Judge Election**

Afghan authorities said Monday it was too early to judge the validity of the country's parliamentary ballot despite observers' reports of widespread fraud in the vote that was to help consolidate its shaky democracy. Despite Taliban rocket strikes and bombings, Afghans voted on Saturday for a new parliament. The independent Free and Fair Elections Foundation of Afghanistan said that the parliamentary vote was marred by ballot-stuffing, proxy voting, underage voting, the use of fake voter identification cards and repeated voting. (AP)



Indian villagers work their way through floodwater in Bareily, India, on Monday.

BRUSSELS

Bishops Ask for Debate On Priest Celibacy Issues

Two Belgian bishops openly questioned mandatory celibacy for Roman Catholic priests, rekindling a debate Monday within the scandal-hit church. The bishop of Hasselt, Patrick Hoogmartens, and his counterpart in Bruges, Jozef De Kesel, said in separate comments that married men should not automatically be excluded from priesthood. The comments come amid the scandal over sex abuse among the clergy that has shaken the Belgian church to its core. (AP)

Poverty on World Stage

Sarkozy asks leaders at U.N. conference to pledge more aid

United Nations

The 10-year-old promise to lift the world's poorest is unfulfilled and with world economies clawing back from the worst recession since World War II, the French president and others implored leaders on Monday not to return to their "old bad habits" of ignoring global poverty.

Nicolas Sarkozy, the French leader, was the first to accept U.N. Secretary-General Ban Ki-moon's challenge for nations to deliver more resources to combat global poverty, ignorance and misery. He pledged to boost France's annual \$10 billion contribution to the world's poorest people by 20 percent over the next three years. He urged other leaders to join him.

"We have no right to do less than what we have decided to do," Sarkozy told more than 140 presidents, premiers, princes and a king at the opening of the three-day U.N.



French President Nicolas Sarkozy addresses the U.N. summit on Monday.

Millennium Development Goals summit. "Let us not fall back into our old bad habits."

Sarkozy spoke as U.N. member states began their accounting of progress in the decade since promising to end global poverty. Developed nations have fallen well short in keeping pace with a final goal set for 2015. The U.N. acknowledges that even if the main target of reducing extreme poverty by half is achieved in the next five years, nearly 1 billion people still will be living on less than \$1.25 a day.

Sarkozy proposed that the world body create a small international tax on financial transactions to fund development aimed at ending poverty and meeting other millennium goals. He said developed nations had a moral obligation to poorer ones.

"The financial crisis is severe in the rich countries; it creates deficits," he said. "But its consequences are far worse for the poor countries." ANITA SNOW (AP)

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Stockholm

A far-right group's election breakthrough has shattered Sweden's reputation as a bastion of tolerance after years of being seemingly inoculated against the backlash on immigration seen elsewhere in Europe.

While Prime Minister Fredrik Reinfeldt's coalition won the election, it lost its majority in the 349-seat legislature, weakening its ability to push through crucial legislation.



Swedes protest Monday against the farright party, which is anti-immigration.

Sunday's election showed that the country's welcome to refugees is not universally accepted: Nearly 6 percent of the population voted for a nationalist group that accuses immigrants — especially Muslims - of eroding Sweden's national identity and its cherished welfare state.

It's a bitter pill for a nation that frowned upon Denmark's vitriol toward Muslim immigrants, Swiss attempts to ban minarets and France's crackdown on Gypsy camps.

"The banner of tolerance has been hauled down and the forces of darkness have finally taken the Swedish democracy hostage, too," the Expressen tabloid wrote in a post-election editorial.

"It's Monday morning and time for Swedes to get a new self-image," read a bold front-page headline in Svenska Dagbladet. (AP)

HEALTHY ADULTS 18-45



The National Institute of Mental Health is conducting an outpatient research study of mild stress and memory at the NIH Clinical Center in Bethesda, MD.

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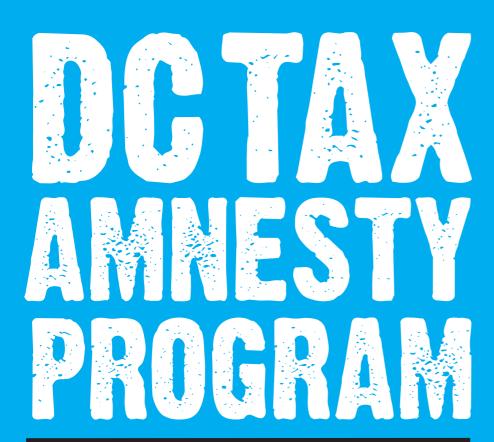
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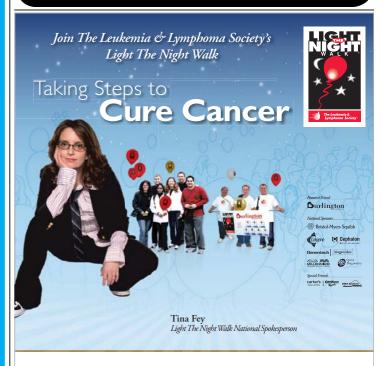


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World

Igor Spares Bermuda Major Destruction

Hurricane weakens, causing only slight damage on island

Hamilton, Bermuda

Fierce waves pounded Bermuda's shores and strained yacht moorings late Sunday as winds tore at trees and signs while a weakened Hurricane Igor passed just west of the wealthy British enclave.

Bermudians stayed battened down in their homes in a pelting rain to wait out Igor, which was barely a Category 1 hurricane. Its sustained winds were clocked at 75 mph as Igor neared the island, although a wind gust of 93 mph



A sailboat sits aground Monday near a public wharf after Hurricane Igor came through.

was reported, the U.S. National Hurricane Center in Miami said.

The wind whipsawed trees and power poles, knocking out elec-

tricity in many parts of the island. But there were no early reports of major damage.

"We're certainly getting our

money's worth in drama," lawyer James Dodi said while standing outside a hotel in downtown Hamilton and watching Igor's winds whip through palm trees.

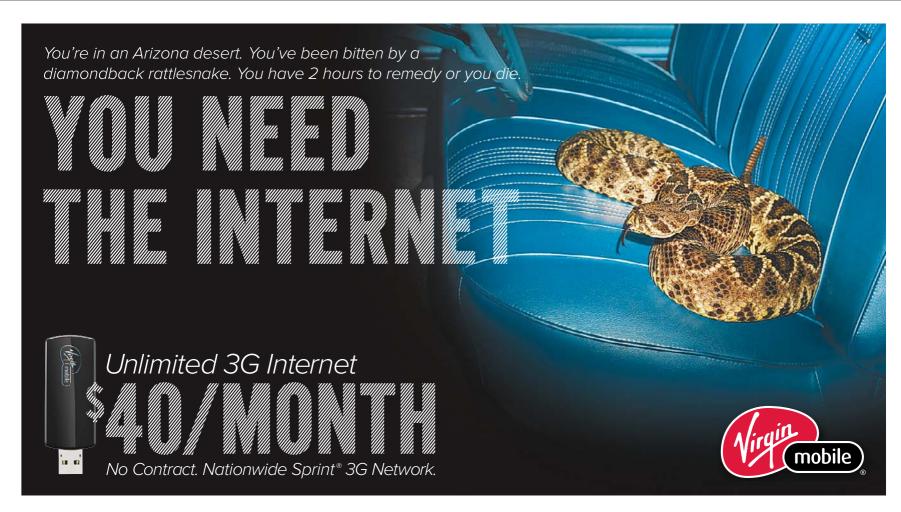
Some storm-seasoned islanders ventured outside during the day to gawk as the hurricane-force winds that hit by midday drove 15-foot surf onto shore or to triple-tie the moorings of their boats even as the government warned people to stay indoors.

Igor's eye passed about 40 miles west of Bermuda before midnight, the National Hurricane Center said. But even the near-miss was a problem, since hurricane-force winds extended up to 90 miles from the eye. JASON BRONIS (AP)

Achievements



JUST DAYS AFTER swimming across the English Channel, quadruple amputee Philippe Croizon is already dreaming of crossing from Europe to Africa in the Strait of Gibraltar. Croizon, who swims using leg prostheses with fins attached, reached the cliffs of Wissant in northern France on Saturday night after only 13 1/2 hours. (AP)





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Upstream Battle Begins

A U.S. company tries to win FDA approval for genetically engineered salmon

Washington

Fish or frankenfish? A U.S. company wants to market a genetically engineered version of Atlantic salmon, and regulators are weighing the request. If approval is given, it would be the first time the government allowed such modified animals to join the foods that go onto American dinner tables.

Ron Stotish, chief executive of AquaBounty, said at the first of two days of hearings Monday that his company's fish product is safe and environmentally sustainable.

Food and Drug Administration officials have largely agreed with him, saying that the salmon, which grows twice as fast as conventional ones," is as safe to eat as the traditional variety. But they have not yet decided whether to approve the request.

Critics call the modified salmon a "frankenfish" that could cause allergies in humans and the eventual decimation of the wild salmon population. An FDA advisory committee is reviewing the science of the genetically engineered fish this week and hearing such criticisms as the agency ponders approval.

Whether the public will have an appetite for it is another matter. Genetic engineering is already widely used for crops, but the U.S. government until now has not considered allowing the consumption of modified animals. Although the potential benefits — and profits — are huge, many people have qualms about manipulating the genetic code of other living creatures.

If approved, the fish could be in grocery stores in two years, the company estimates.



Critics Have Voiced Two Main Concerns:

- Because the altered fish has never been eaten before, they say, it could include dangerous allergens.
- They also worry that the fish will escape and interminate escape and intermingle with the wild salmon population, which is already endangered. They would grow fast and consume more food, to the detriment of the conventional wild salmon, the critics fear.

AquaBounty says the fish would be bred female and sterile, though some may be able to breed. Also, they would be bred in confined pools where the potential for escape would be very low. (AP)

Wenonah Hauter of Food & Water Watch carries a box containing comments opposing genetically engineered salmon.

As the Food and Drug Administration considers whether to approve genetically modified salmon, one thing seems certain: Shoppers will find it tough to pick out the conventional fish from the one created with genes from another species.

The FDA says it can't require a label on the genetically modified food once it determines that the altered fish is not "materially" different — for example, if it has an unusual texture, taste, nutritional component or allergen — from other salmon, something agency scientists have said is true. But in the European Union and Japan, it is nearly impossible to find genetically modified foods,

largely because laws require labeling. (THE WASHINGTON POST)

▲ TWO SAME AGED SALMON are shown above in a handout photo provided by AquaBounty Technologies. The company says says it would be the first in the world to market genetically engineered fish.

Approval would open the door for a variety of other genetically engineered animals. "If you can imagine it, scientists can try to do it," said David Edwards of the Biotechnology Industry Association.

Genetically engineered — or GE — animals are not clones, which the FDA has already said are safe to eat. Clones are copies of an animal. With GE animals, the DNA has been altered to produce a desirable characteristic. AquaBounty has added a growth hormone from a Chinook salmon that allows the fish to produce their growth hormone all year long.

In documents released before the hearing, the FDA said there were no relevant differences between the engineered salmon and conventional salmon, and there is a reasonable certainty of no harm from its consumption.

A wide range of environmental, food safety and consumer groups have argued that more public studies are needed and that the current FDA process is inadequate because it allows the company to keep some proprietary information private. Modified foods are regulated under the same process used for animal drugs. "Consumers have a right to know what FDA is trying to allow into our food supply," said Wenonah Hauter, director of the advocacy group Food & Water Watch. MARY CLARE JALONICK (AP)

Local

District AG Under Investigation

Nickles may have violated strictures on conflicts of interest

Washington

In comments after a news conference at the John A. Wilson Building Monday, D.C. Council member Phil Mendelson, D-At Large, stated on the record that Attorney General Peter J. Nickles had been referred to the Office of Bar Counsel — which handles legal discipline in the city — for his potential violation of strictures on conflicts of interest by participating in a case he once was on the other side of.

But the seriousness of that referral is not so clear.

Earlier this summer, a coalition of youth advocates led by D.C. Lawyers for Youth sent a letter to Bar Counsel Wallace E. Shipp Jr. asking for an investigation into Nickles' role in "Jerry M.," a classaction case concerning the treatment of juvenile offenders that has persisted since the 1980s. DCLY's executive director, Daniel Okonkwo, said Monday that an investigation is under way.

Prior to becoming attorney general, Nickles had served as the lead plaintiffs' lawyer in the case. Codes of attorney conduct strictly govern conflicts of interest; lawyers, generally speaking, are essentially prohibited from representing parties on opposite sides of a case.

In 2006, shortly before Adrian



D.C. Attorney General Peter J. Nickles was referred to the Office of Bar Counsel.

Fenty's mayoral general election victory, Superior Court Judge Herbert B. Dixon Jr. raised the question of a possible conflict in a bench conference, according to a court transcript. Nickles resigned from "Jerry M." before joining the Fenty administration, but his involvement in juvenile justice has continued.

What is potentially serious is the role that Dixon has played. Two sources with close knowledge of the "Jerry M." litigation say that the judge is concerned about Nickles' participation in the case and has communicated with the bar counsel about Nickles' ongoing involvement with juvenile justice issues. A judge's referral would carry great weight, but whether Dixon's action constitutes a "referral" is under dispute. Dixon would not comment last month, and the Office of Bar Counsel does not comment on pending matters

Nickles said he was aware of the advocates' complaint but said he knew "nothing" about any inquiry Dixon might have made. MIKE DEBONIS (THE WASHINGTON POST)

Oprah: Rhee Is a 'Warrior Woman'

Washington

Oprah Winfrey is calling D.C. Schools Chancellor Michelle Rhee a "warrior woman" who has taken on the worst-performing school district in the country.

Rhee appears on Winfrey's show airing Monday, along with Bill Gates and Davis Guggenheim, director of "Waiting for Superman," a new documentary about public education. The interview was taped before last week's D.C. mayoral primary.

According to a transcript, Winfrey says Rhee's drastic measures of firing teachers and principals has caused a firestorm in Washington. She says Rhee is "the warrior woman for our time."

Rhee says there are lots of great teachers, but there are also ineffective ones who are doing a disservice to children. (AP)

The Lotteries

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2-2-6-0
6-7-1-9
2-8-10-11-22 (21

Virginia

Mid-day Pick 3	3-5-3
Evening Pick 3 (Sun.)	9-9-9
Mid-day Pick 4	3-3-2-3
Evening Pick 4 (Sun.)	5-0-6-8
Mid-day Cash 5 (Sun.)	5-6-12-21-28
Evening Cash 5 (Sun.)	9-17-20-28-34

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Capital Bikeshare Program Launches



D.C. MAYOR ADRIAN FENTY rides a bike during the launch of the Capital Bikeshare program Monday at the headquarters of the U.S. Department of Transportation. The program, the largest bike-sharing system in the United States, will put 1,100 bicycles in more than 100 bike stations in D.C. and Arlington.

Landlord Seeks Tax Waiver for Union Station

Washington

The landlord for shops and restaurants at Washington's Union Station wants the D.C. Council to waive millions of dollars in taxes on the property for years to come to free up cash for improvements.

The nonprofit Union Station Redevelopment Corp. says its annual tax bill of more than \$1 million is holding back renovations. These include reconfiguring Columbus Circle and connecting to a planned streetcar line. (AP)

DC Rider

Today's Question

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Sports

A Voice of Frustration

Hall says he should cover opponents' top receivers in games

The Redskins

No NFL defense is giving up more yards or first downs than the Washington Redskins so far, and cornerback DeAngelo Hall offered a solution Monday: He should cover each opponent's top

And Hall doesn't really seem to care what defensive coordinator Jim Haslett thinks of that plan.

"Don't matter what he say. This is my team; this is my defense," Hall said. "So I'm going to follow the receiver around. That's what I'm going to do. If we've got to do that to win games, that's what I'm going to do."

The Redskins allowed Texans quarterback Matt Schaub to throw for a franchise-record 497 yards and three touchdowns in Houston's 30-27 overtime victory Sunday. Washington led 27-10 late in the third quarter.

Schaub's totals included a gametying, 34-yard scoring pass to Andre Johnson on fourth-and-10 with 2:03 left in regulation.

Cornerback Phillip Buchanon and safety Reed Doughty were in coverage; Hall was lined up on the other side of the field.

Johnson wound up outjumping Doughty in the end zone to make the catch.

"We'll go back to the drawing board. Won't happen like that again. If Andre Johnson's out

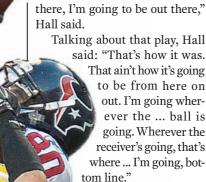


was matched against opponents' top wideouts during his first four seasons with the Atlanta Falcons,

"You give me enough opportunities, I'm going to make plays," he added. However, Atlanta traded Hall to Oakland in 2008.

The corner wore out his welcome quickly, though, as the Raiders cut him eight

games into a seven-year, \$70 million deal. (AP/TWP)



Part of the comments were relayed later Monday to coach Mike Shanahan, who said he liked Hall's attitude.

"I want all my players thinking that way ... wanting the pressure of covering the top receiver," Shanahan said at his weekly press conference. "You want guys that believe in themselves, and guys that know they can get the job done."

The Redskins (1-1) have given up 906 yards and 53 first downs through two games, including a 13-7 victory over the Dallas Cowboys in Week 1. Hall returned a fumble 32 yards for a touchdown on the last play of the first half in that game.

Asked about his defense's play this season, his first in Washington, Shanahan said: "Well, you're going to give up big plays with any defense when you're just kind of getting started. It's a learn-

ing curve. We've just got to keep on getting better."

HOWARD FENDRICH (AP)

Injury Update

Redskins coach Mike Shanahan said Monday that an MRI of offensive tackle Trent Williams's left knee was negative, and the rookie has not yet been ruled out of Sunday's game at St. Louis. Williams will go through rehab the next two days to test his availability for Wednesday's practice. If Williams can't go, Stephon Heyer will start Sunday. (THE WASHINGTON POST)

Texans WR Andre Johnson used his size advantage to catch the game-tying TD over Reed Doughty in Sunday's OT thriller.

Swengali

Redskins Fall Short Of Expectations

Expectations are a funny thing.

If a holding penalty wasn't called on the last play of the Dallas game, the Redskins would not have been given a fighting chance against the Texans — who dominated the Colts in Week 1.

And without that yellow flag, fans $\,$



may not have been dreaming of a 3-0 start to the year — figuring next week's game against the Rams is a gimme — when Graham Gano lined up for a field goal in overtime Sunday.

Maybe it was unrealistic to hope for such success, especially against a team as dynamic as the Texans. Even so, Gano sent a kick through the uprights — too bad it didn't count, because of a last-second timeout — before

When holding a 17-point lead in the second half ... they ought to pull out a victory.

shanking on try No. 2.

Now, here's what should be expected from the Redskins: When holding a 17-point lead in the second half — at home no less — they ought to pull out a victory.

It's not Gano's fault that the team lost, though his two missed kicks stand out. The defense stopped making plays and was burned often while blitzing. LaRon Landry was in such a zone, he couldn't even stop from hitting his own teammates. That dropped interception late in the fourth quarter would have sealed a win.

We don't know whether the Redskins are a good, bad or average team yet. But what we do know is that it's fair to say they choked Sunday.

At least now, outsiders will expect less from Mike Shanahan's squad.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Sports

Panthers Turn To QB Clausen

Pro Football

The Jimmy Clausen era is under way in Carolina, ahead of schedule.

Coach John Fox said Monday he's benching the struggling Matt Moore and will start the rookie from Notre Dame on Sunday against Cincinnati as the Panthers try to avoid their second-straight 0-3 start.

"We've just not been getting it done," Fox said. "Jimmy is a guy we think highly of. I thought he made the most of his opportunities. ... We'll see how it goes this week."

Moore has had two miserable weeks, a steep fall from his strong 4-1 finish as a starter last season. (AP)

Kolb to Remain Eagles' Starter

Pro Football

Philadelphia Eagles quarterback Kevin Kolb will return to his role as starter for the team's next game even after Michael Vick's winning performance Sunday.

Both Kolb and linebacker Stuart Bradley will start Philadelphia's game Sept. 26 at the Jacksonville Jaguars after missing Sunday's 35-32 win yesterday at the Detroit Lions following Week 1 concussions, Eagles coach Andy Reid said.

"They're good to go unless something crazy comes up," Reid said at a news conference Monday.
(BLOOMBERG)

Rojas Blasts His Way to Title

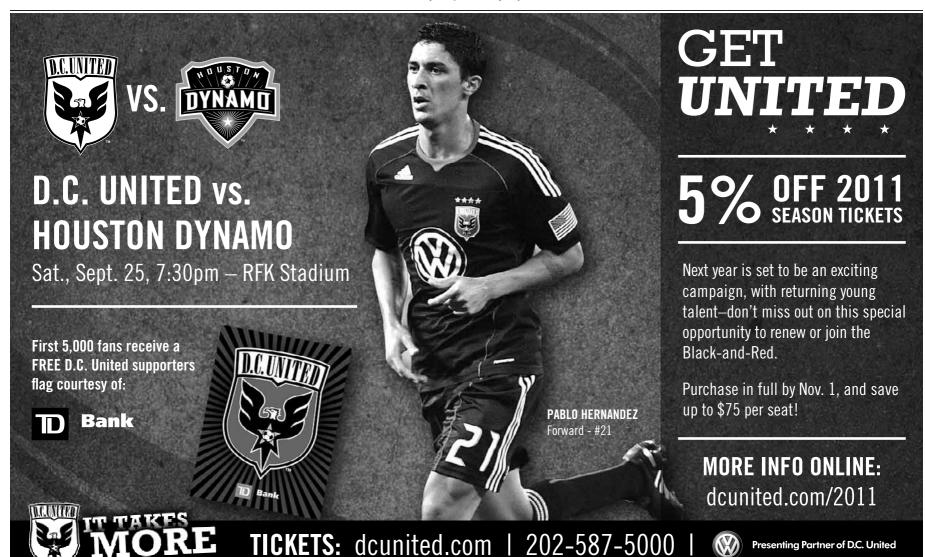


JAPAN'S KOHEI KONO, left, receives a hook from Mexico's Tomas Rojas in the ninth round of their 12-round WBC super flyweight title bout in Saitama, near Tokyo, Japan Monday. Rojas won the title with a unanimous decision.

Turf War



OHIO UNIVERSITY has apologized to Ohio State and its fans after the school's Bobcat mascot tackled the Brutus Buckeye mascot, above, touching off an impromptu wrestling match before Saturday's game at Ohio Stadium. In addition, the student in the Bobcat costume has been banned from any further affiliation with Ohio athletics. (AP)



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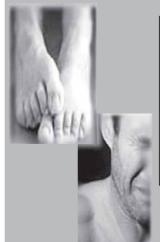
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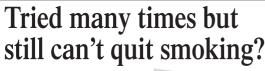
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Sports



Adam Dunn, who has 35 home runs this season, said before the season that he'd like to sign a contract extension with the Nats

Dunn Deal Still Possible

Nats slugger hopes to return even with free agency looming

The Nationals

Adam Dunn arrived at Nationals Park on Monday for the final homestand of the Washington Nationals' season, what could be 10 of Dunn's final 13 games wearing a Nationals uniform. Dunn still does not want it to be goodbye, nor does he believe it will be.

In a conversation Sunday, Dunn, a pending free agent, reaffirmed his desire to remain with Washington and expressed confidence, based on recent progress between his representatives and the team, that he will sign a new contract with the Nationals. Speaking before the team's 7-6 loss to the Philadelphia Phillies on Sunday, Dunn was clear: He thinks he will be a National next season.

"I do," Dunn said. "More than I did a month ago. Talks have picked back up. We'll see what happens. We're obviously talking. We're going to work something out, I think."

The Nationals will have until 15 days after the World Series ends to exclusively negotiate with Dunn. He did not rule out reaching an agreement before that time. However, few players eligible for free agency reach this point without exercising the option.

Dunn is not certain he'll end the year without a contract extension — a deal "could happen today," he said. But he sees the most likely scenario as his finishing the season without a contract, eventually entering free agency and then resigning with the Nationals.

"Now, there's no advantage" to signing immediately, Dunn said. "I guess there'd be a disadvantage, really. I'm in no hurry now." ADAM KILGORE (THE WASHINGTON POST)

TV Lineup

NATIONALS (7 P.M., MASN)

John Lannan can improve to 9-7 on the season if he can lead the Nats to a win over the Houston Astros.

BASEBALL (10 P.M., WGN)

The Oakland A's host the Chicago White Sox.

BASEBALL (8 P.M., VERSUS)

The Triple-A National Championship takes place in Oklahoma City.

Game Canceled After QB's Death

Prep Football

A Texas high school football team whose quarterback died after collapsing on the sideline has canceled its next game.

West Orange-Stark coach Dan Hooks says his team will not play its scheduled game Saturday in Conroe against Giddings. Hooks told Beaumont TV station KFDM that the team will likely resume

playing Oct. 2 at home against Kirbyville.

Seventeen-year-old quarterback Reggie Garrett Jr. died Friday after collapsing on the sideline. He jogged off the field, gave his offensive coordinator a low five of congratulations and then fell.

A cause of death has not been determined.

West Orange is about 100 miles east of Houston. (AP)

fit



Guinea Pig | Count on It

Cyclists — except maybe Mayor Adrian Fenty — like watching their numbers. So, Bethesda-based company SportCount, which specializes in timers for various athletic pursuits, has launched its latest gizmo, the Velo-X (\$55.95, Sportcount. com). It fits snugly on your handlebars, ably remembers your 100 most recent lap times and calculates your average. But real riders will probably still want to spend a few bucks more for a bike computer, which can spew out way more data.

Body Talk



The Band Played (And Rolled) On

Most musicians practice to prep for performances, but Ben Sollee and his band also had to train. That's because for their "Ditch the Van" nationwide tour, which rolls into our area this weekend, they're hitting the road in a caravan of bikes, averaging 45 to 60 miles a day — mostly on highways.



And did I mention they're hauling their gear, which means Sollee is pedaling with a cello strapped to his ride?

"It's not about going green," says

Sollee, although that's a welcome side effect. "For me, the whole point is to be involved in the shows." He wanted to get away from the typical tour rut, an exhausting experience that can make musicians lose track of where they are. "This is draining in a different way, but I feel energized," he says.

It's quite a shift from the typical musician lifestyle: They're drinking more water than beer, and their diets have taken a turn for the healthier. "You do start craving things that make a difference in how your body runs," says Sollee, who's been chowing down on a lot of rice and beans.

Maybe people who think there's no way to commute by bike will change their tune.

To reach Vicky Hallett, e-mail vicky.hallett@readexpress.com

A Hard Act to Follow

How the stars of 'Ovo' keep their bodies in shape to flip, twirl, balance and soar

Exercise

The collection of creepy crawlies who inhabit "Ovo," Cirque du Soleil's newest production (playing at the National Harbor through Oct. 24), are in awe of a giant egg. No doubt it would make one heck of an omelet, but the audience is sure to be more impressed by the physical feats performed onstage by the human — or so they claim — cast.

A "dragonfly" appears to take wing as his body floats around a curved metal pole. A gang of "ants" twirl objects with their feet in hypnotic unison. A "spider" glides over a single loose string suspended in the air with his face planted on the seat of a unicycle.

It's no secret how they manage to do this, says head coach Alexander Pikhienko. "They train hard or go home," proclaims Pikhienko, a former circus star who still does handstands as part of his fitness routine. Most of them have spent their entire lives honing their strength and flexibility. And even though they have the skills necessary to perform their acts — in as many as 10 shows a week — they're still constantly practicing.

In addition to rehearsing and preparing backup choreography in case a comrade gets injured, the 54-member troupe attends regular Pilates and dance classes. And certain cast members get extra training suited to their discipline. The "crickets," for instance, who leap from a 26-foot wall and bound around a series of trampolines, improve their stabili-





Backstage Pass

Take a peek at "Ovo" stars rehearsing at Expressnightout.com.

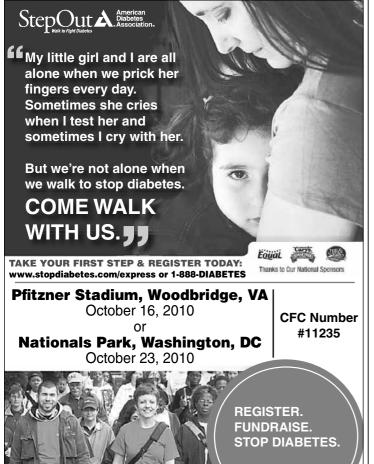
ty by attending ankle class (exercises include skipping, calf raises and squats on wobble boards).

The backstage gym, equipped with an elliptical machine, weights of every size, a Pilates reformer and anything else the cast requests, fills before the show each night as everyone warms up. It's packed again after the curtain call when it's time to stretch. So, although many of the stars are onstage for just a few minutes, a great number are testing the limits of their bodies for 10 hours a day.

Even things that don't appear challenging often are. For cricket Gary Smith, a former trampoline Olympian, jumping around is second nature. But acting like an insect requires sharp movements whenever he's onstage. "Our muscles have to be tense to stay in character," he says. There's a lot of sprinting and climbing backstage to be in the right place for entrances. Add in a bulky, beautiful costume, and "I'm totally out of breath and sweating," he adds.

If you're considering joining the circus, Pikhienko has two pieces of advice: Take gymnastics and start young. "And it's hard when you stop and start again. So, it's not a good idea to stop," Pikhienko adds. But if you could fly, why would you want to stop? VICKY HALLETT (EXPRESS)





Tuesdays in Express

A weekly section about how to

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Hang Up! This Is His Call

I'm getting emotionally involved with my ex-boyfriend, who's now engaged. It started when I called to wish him congrats on becoming an uncle. We began texting, which turned into phone calls about how he's not happy in his relationship. He said he's dreaming about me and doesn't understand why we ended it. I don't either (I've regretted it ever since), and I don't want to lose him a second time. DANGER ZONE

Put aside your feelings for a moment and look at the facts. He is engaged — somewhere there are invites in swirly Edwardian fonts with another woman's name next to his — and you are falling (or staying) in love with him.

Perhaps you two are meant to be; maybe 50 years from now you'll be slicing into rubbery chicken together at your granddaughter's wedding. But right now, he is formally committed to someone else. You can gain control in this situation only by letting go. He will choose to end his engagement or he won't, but it's his decision to make. Let him know that you don't feel comfortable with the situation as it is, and that you're taking a break from contact for a while. Then grit your teeth and do it.

Time for Some Friendly Advice

I've recently started

to notice how narcissistic and inconsiderate one of my friends is (e.g. openly flirting with other friends' crushes, going on vacations with friends' exes, relating every anecdote back to herself, etc.). My method of coping has been to completely avoid hanging out with her. However, I can't help but feel guilty about that. How can I tell her that I don't approve of her behavior? I don't enjoy being passive-aggressive but she also has

not approached me to ask why I've

been so distant. NO NAME, PLEASE

Continuing to avoid her — I refer to it as the "slow fade" - can work, but only if she starts to pick up signals herself and back off. Many times, though, the very traits that are so offensive as to make you want to end the friendship are the same ones that keep someone from getting the hint. If she keeps pushing, or if you'd feel better being more direct, let her know in a well-thought-out note or e-mail that some of her behavior makes you uncomfortable. But do it only if you're willing to give her the chance to change - otherwise, it's the relationship equivalent of a hit-and-run.



Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

Event Horizon

Street Walkers

Do you hear those squeals of excitement? They're coming from the offices of Express, which goes giddy for Cultural Tourism DC's biannual WalkingTown Weekend (Culturaltourismdc.org), a smorgasbord of free tours across the city. Reserve ahead online, grab a water bottle and get some low-key cardio (the tour listings say how far you should be prepared to hoof it). You'll work your brain, too, by learning the history of various neighborhoods.

Everyone Can Bust a Move

Joy of Motion's new program is for folks who call it a 'turn' instead of a 'pirouette'

Class

Dancing isn't only for dancers. But waltzing into a class at a studio can be incredibly intimidating for folks who've never had training before, says Doug Yeuell, the executive/ artistic director of Joy of Motion Dance Center (Joyofmotion.org). Instead of perfecting their plies and pirouettes, they tell him, "I just want to move."

So, Joy of Motion has launched its "Move" program with a series of dance classes meant for the layperson — but not the layabout. Inspired by the success at gyms (and now also at Joy of Motion) of Zumba, which uses Latin dances as the basis of a workout, these hour-long lessons are focused on fitness rather than form.

"There's less of an emphasis on technique and more on con-



Students at a Grind class give their arms a workout by copying the instructor.

Another Whirl

When you walk out of your first samba class at the Capoeira Spot (\$15; Saturdays, 4 p.m.-5:15 p.m.; 636 Florida Ave. NW; Capoeiradc.com), you might not completely grasp how to do the sexy Brazilian shuffle. But you'll definitely be drenched. Instructor Sonia Pessoa leads her class repeatedly across the floor doing different variations of the step until they're in a cardio trance. Don't worry if you can't mimic her moves exactly, although she gives newbies a few quick pointers. The focus is on keeping up, which is hard enough. "If your legs aren't burning by the end of class, you're doing something wrong," says regular Erica Smackum, 30. (v.H.)

tinual movement," explains Heidi Schimpf, director of education and outreach. She's teaching Revolution, a chance for students to rewind to popular steps from past decades. There's also Hip (belly dance), Muevete (another Latin blend), Grind (a mix of hip-hop, reggae and African) and a series of classes that incorporate yoga poses (Stretch & Flow, Stretch & Align, and Relax).

The format almost resembles aerobics more than dance: Start with a high-energy warm-up, move into cardio combinations and finish up with a stretch and toning segment. Although the dance instruc-

tors are still teaching choreographed moves, the idea is that the steps are broken down, frequently repeated and easy to pick up. "It allows the new student to feel successful quickly," Schimpf says.

Even if they can't follow the leader precisely, students will know they're burning calories, which is the real goal — and another joy of motion, Yeuell says. "Not only does dance give you physical benefits, but it also benefits the mind and engages the soul because it's an art form," he says. "That's why people choose it over other kinds of exercise." VICKY HALLETT AND DARONA WILLIAMS (EXPRESS)

Gear Up for a Bike Bonanza

You might as well leave your helmet on — there are so many bike events happening in the next few days that there's absolutely no chance of a good hair day.

Cycle mania starts Tuesday with Car-Free Day, a worldwide push for people to rely on public transit and their own feet. In the D.C. area, Capital Bikeshare (Capitalbikeshare. com) is celebrating with a duo of parties from 11:30 a.m. to 1:30 p.m. in Crystal City (Crystal Drive and 23rd Street South) and downtown (700 F Street NW). Whether you're normally a gas-guzzler or a Metro master, take the pledge to participate at Carfreemetrodc.com and you can win stuff, including an iPad.

Get ready to stay up late the next night, on Wednesday, for a moonlight ride at Yards Park with the Washington Area Bicyclist Association (Waba.org). Start the evening at Nationals Park — which boasts free bike valet parking — and then head over to the new green space for a quick bite and a chance to chitchat with bike shop employees. At 8:30 p.m., the group will head out under the full moon for an 11-mile trip along the Potomac River (although there's a turn-around for people looking to get home early).

Save up thigh power

to cross the country on Saturday. It's WABA's annual 50 States Ride: In a little more than 60 miles, you'll hit a segment of every state-named street in the city. Or, if you're not feeling up to quite so much pedaling, you can do the alternate 13 Colonies Ride instead. It's \$10 for members, \$15 for non-members. Check-in starts at Kalorama Park (1875 Columbia Road NW) at 8 a.m. v.н.



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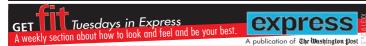








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More Than Just a Game

ZogSports teams play to win — and for their charities of choice

League

Washington is known for attracting young idealists ready to do anything for what they believe in. But will they risk being hit with dodgeballs? ZogSports, a coed recreation league, certainly hopes so. The company motto is "Play for your cause," since winning doesn't just bring glory, but also a check for the charity of the team's choice.

Founder Robert Herzog was inspired by a spectacularly terrible year (which, luckily, included being late for work at the World Trade Center on Sept. 11, 2001). But there was one highlight: He met his wife through playing softball. So, he decided to organize games that could bring people together while promoting social action.

In the eight years since the first touch football game was played in New York, ZogSports has expanded to encompass a huge range of sports (everything from rugby to bowling) and accompanying activities (mural painting, apple picking, wine tast-



Play like a girl? Good! Touch football teams need at least three women on the field.

ing) and given nearly \$1 million to 8,000 charities. And it's not just the athletically gifted who've managed to take home the prizes for nonprofits players can also score checks by having the most spirit or being deemed "the best drinking team."

The league's brand-new D.C. branch is starting with touch football and dodgeball. Herzog promises that both are good workouts and fun for all, from the superjocks in the "players" division to the less graceful folks in the "extremely casual" division. And

he vows that being beaned during dodgeball won't be painful. "I had flashes of red rubber balls from the playground and being the little kid who was hit. So, I ordered 20 different balls and we threw them at each other to find a ball that's heavy enough to throw but that doesn't hurt," Herzog says. VICKY HALLETT (EXPRESS)

Register at Zogsports.org/dc for touch football (\$80 per person, \$950 per team; by Fri.) or dodgeball (\$70 per person, \$700 per team; by Sept. 29).

Recipe File

Start to Finish:

15 minutes

Ingredients

- 4 cups fresh broccoli florets
- ▶ 1 teaspoon butter
- ▶ 1 tablespoon extra-virgin olive oil
- 1 clove garlic, minced
- 1/4 cup sliced Kalamata olives
- 3 tablespoons lemon juice, or to taste
- ▶ 1 tablespoon capers, rinsed
- Ground black pepper, to taste

Serves Four to Six



BROCCOLI WITH LEMON, OLIVE AND **CAPER SAUCE**

steamer basket, bring 1 inch of water to a bowl. Steam the broccoli until tendercrisp, four to five minutes. Transfer the

broccoli to a serving bowl, cover and set aside.

Meanwhile, in a small saucepan over medium heat, melt the butter. Add the oil and garlic, and cook, stirring, for one minute. Stir in the olives, lemon juice and capers, and cook until heated through, one to two minutes.

Pour the sauce over the reserved broccoli and season with black pepper. Toss well to coat. (AP)

43 calories; 28 calories from fat (65 percent of total calories); 3 g fat (1 g saturated; 0 g trans fats); 2 mg cholesterol; 3 g carbohydrate; 2 g protein; 1 g fiber; 67 mg sodium.



wellness fit



Lindsay Lohan clearly hasn't been successful at celebrating Recovery Month.

What's Wrong With Recovery

Blame the treatment programs, not the celebs, for their booze and drug relapses

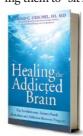
Addiction

For National Recovery Month (Recoverymonth.gov), addiction specialist Hal Urschel doesn't want to send Lindsay Lohan a card. He wants to send her a new treatment plan. "She and other celebs are a significant force because they're so visible. They'll spend 90 days at a place that costs \$60,000 a month, and then within another couple of days, they're picked up again. The message that sends is they're getting the best treatment out there, and it doesn't work," he says.

Urschel, author of "Healing the Addicted Brain," wants to get out a different message: Addiction needs to be treated like a chronic disease of the brain (which it is). That means with medications that have proved to decrease cravings, psychiatric help, wellness and nutrition counseling, and other therapies — in other words, more than just the support group environment of the 12 steps.

But although all of these other tools are available to people struggling with addiction, most programs aren't incorporating them, he says, because of resistance to change. One factor seems to be that many of the people in charge of programs are former addicts who found success with traditional methods. "They're the 30 percent it worked for. The other 70 percent are dead," Urschel adds.

He compares it to diagnosing patients with diabetes and prescribing them to "sit in a group and talk



about how you're not supposed to eat sugar." Urschel says it's no wonder with that strategy that alcoholism is one of the leading causes of death in the U.S.

How do you know whether your loved one is headed to Lohan-ville? "If they're using the substance despite it causing bad things in their lives," Urschel says. Warning signs include getting involved in bar fights or being picked up by the police due to public intoxication.

He cautions that you should approach a loved one about the problem only during a time of sobriety, but don't be thrown off by seemingly normal behavior after an episode. "Think of them as having had a heart attack in front of your eyes. Would you let them not go to the doctor then?" he asks. VICKY HALLETT (EXPRESS)



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Issue 1

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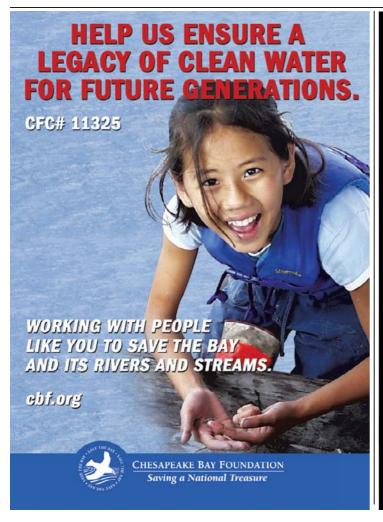


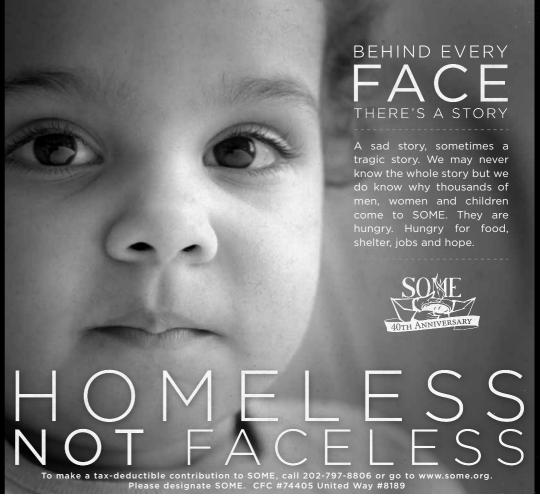
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2010 Goal: **\$67 million** Each donor can make a difference.

About this section: This special supplement was prepared for the Advertising Department of *The Washington Post* by local freelance journalist **Marcy Gessel**. Editorial content was provided by The Combined Federal Campaign of the National Capital Area. The production of this supplement did not involve *The Washington Post* news or editorial staff.

Section Designer: **Willie Joyner** 202-334-5237

For more information, please contact Marc H. Rosenberg, Senior Advertising Manager, at 202-334-7634 or Kathryn Whitener, Account Manager, Charity Organizations at 202-334-6171.

The official website for the CFCNCA is www.CFCNCA.org.



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CFC #65105 (Children's Hospital)

Secretary Clinton: Please Join Our Giving Community

Dear Fellow Federal Employees:

As the Honorary Chair of the Combined Federal Campaign (CFC), I am once again delighted to invite you to take part in this year's annual giving drive to change lives both here at home and around the world. Wherever people are in need, you will find CFC charities at work delivering emergency services, medical care, education, training, resources and, most importantly, hope for the future.

Since the CFC's inception in 1961, our community of Federal Employees has delivered more than \$6 billion to support the work of thousands of worthy charities. The Combined Federal Campaign is our campaign, and together, we have the power to make a difference. In my prior work as First Lady and Senator, and now as Secretary of State, I have traveled the world and seen firsthand the incredible determination and dedication charitable organizations invest on our behalf to combat the challenges people face. On every continent there are people bound by poverty, crippled by hunger and plagued by treatable illnesses. They need our help, and this is your opportunity to give through a campaign created and run by Federal Employees.



I urge you to attend campaign events in your agency, learn about how the campaign works, hear the inspiring stories of people who have been touched by the CFC and make an informed decision about how you would like to participate. CFC allows each of us to support the causes we are passionate about by offering thousands of carefully approved charities from which we can choose. Every gift is important, and whether you choose to set up a simple payroll deduction or make a onetime contribution, your dollars will go farther because we are giving together.

If you are new to CFC, I urge you to join our community. If you are a returning donor, thank you for the difference you have already made and welcome to this new season of giving. In our work as Federal Employees, we give of ourselves every day because we care about the welfare of our communities, our country and the world. Please join me this year in extending that same compassion and generosity through the CFC.

Sincerely,

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Hillary Rodham Clinton, Secretary of State Honorary Chair, Combined Federal Campaign





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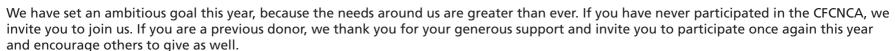
Dear Fellow Federal Employees:

Welcome to the 2010 Combined Federal Campaign of the National Capital Area (CFCNCA), a powerful, caring community that touches lives in our neighborhoods, across the country and around the world.

In the printed Catalog of Caring and the online charity search at www.cfcnca.org, you will find more than 4,000 approved organizations that provide life-saving, life-enriching services. I am confident you will find an organization that is working to support initiatives and address the issues that are most important to you.

Last year, Federal Employees in the National Capital Area pledged more than \$66.5 million to the work of participating charities. This amazing response clearly demonstrates the spirit of public service that we share. Giving through the CFCNCA is easy and convenient. Use e-Giving at any time to find charities that match your interest and donate via payroll deduction, credit card/debit transaction, electronic check, cash or check.

When we give together, our donations go farther. The CFCNCA approach lowers administrative costs for charities and delivers a steady stream of funds to them over the entire year. That means more money reaches the people and causes that need our help.



As Federal workers, we build our careers on service. Pledging to give through the CFCNCA makes that commitment stronger and more vibrant. Add your individual compassion to this campaign and help us continue to build a powerful community of giving.



Linda J. Washington Linda J. Washington

Chairperson, Local Federal Coordinating Committee

Combined Federal Campaign of the National Capital Area

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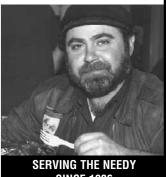
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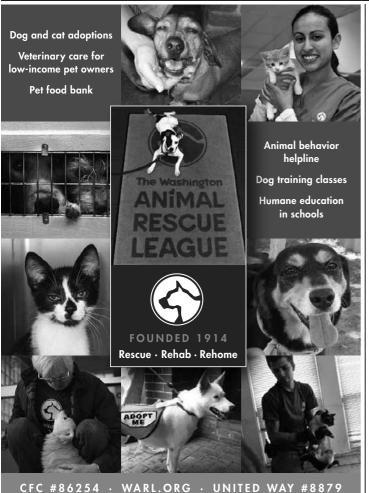


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Giving made easy. Making your donation with a payroll deduction distributes your giving over a 12-month period. Giving each pay period adds up to a significant impact. Plus, pledging through e-Giving makes it easier and more convenient to participate in the campaign.

Maximize the value of a pledge. When we put our donations together, the impact grows. By giving through the CFCNCA, you become part of a powerful collective effort to give back to the community. In 2009, your colleagues and co-workers raised more than \$66.5 million to help people and communities in need.





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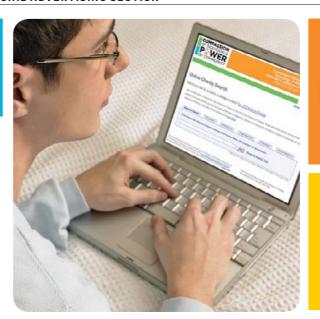
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In addition to the online charity database, you also can pledge online through e-Giving. The CFCNCA offers two types of e-Giving:

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The Capital Area Food Bank feeds hope through access to nutritious food; nourishes change through education, skill building and advocacy; and creates sustainability with outreach and training. Last year, the CAFB distributed 25 million pounds of food, including 8.9 million pounds of fresh produce, to over 700 partner agencies including Bread for the City, Shabach Ministries and ALIVE. The CAFB also has a distribution center in Northern Virginia.

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Combined Federal Campaign of the National Capital Area



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Expo Teaches DC Area How to Go Green



Going green became a little easier for nearly 1,000 local residents, thanks to a CFCNCA-sponsored organization that recently presented an expo on living green. The expo featured green suppliers, products from local and national businesses, exhibits and seminars from companies and government agencies.

Participants walked away with hundreds of ideas to make their homes, apartments, condos and lifestyles more environmentally friendly. Exhibitors offered information on cooking with local produce, saving energy, green remodeling and more. One company offered a seminar that taught the participants to create sustainable landscapes to help protect the regional wildlife, trees, soil, energy and watershed.

An apartment renter attending the expo was pleased to discover that she did not have to own her own home in order to go green. "I learned great tips for saving energy in the apartment as well as helpful giveaways such as foam for sealing around windows and gaskets to put behind electrical outlet plates. Not only can I go green, but I can also save money."

The CFCNCA is becoming more green too. With the paperless e-Giving option, donors have the opportunity to give completely online, eliminating the use of paper and reducing campaign costs.





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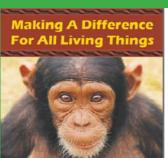
I know your deeds, your love and faith, your service and perseverance, and that you are now doing more than you did at first. Revelation 2:19

CFC #10171

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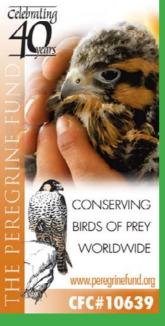
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UWNCA # 0900

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A better environment...it's all in a day's

Father Helps Connect Families Facing Effects of Dandy-Walker Syndrome

Eric Cole and his wife, Andrea, had never heard of Dandy-Walker Syndrome when their son was diagnosed with the condition a few months before his birth in 2005.

At the time, little information was available to the public about Dandy-Walker Syndrome, a condition in which part of the back of the cerebellum is undeveloped or missing. Dandy-Walker Syndrome often is associated with other ailments. impedes development and can cause blindness, seizures, mental and physical disabilities, and sometimes early death. It is thought to occur in at least 1 in every 5,000 births.

In his mission to help his son

and others with Dandy-Walker Syndrome, Cole turned to agencies supported by the Combined Federal Campaign of the National Capital Area (CFCNCA). Medical care provided by a CFCNCAsupported hospital helped alleviate the effects of the disorder once Ryan was born. In addition, CFCNCA-supported organizations gave his parents key support as their life changed in unexpected ways.

Seeing Ryan's smiling face, it's difficult to imagine him as a baby, born 12 weeks early and weighing less than 2 pounds. Before he ever left the hospital, Ryan underwent three major surgeries for hernias and to insert a feeding tube. Since then he has gone through another two surgeries, this time on his brain to insert shunts that treat hydrocephalous, an associated condition in which fluid builds up in

"The good news about kids is that their brain is still developing up to age 22. It's amazing how adaptive and resilient children's and adolescents' brains are," Cole said. Ryan now attends kindergarten in an adaptive class at Burning Tree Elementary School in Bethesda.

In the early days of Ryan's life, Cole, an information technologist for a Federal agency in Bethesda, was fortunate enough to have access to databases which he pored over, reading the same articles that pediatricians were reading. "I was wondering, what do families do that don't have the kind of information I do," he said.

Knowing the helpless feeling of not having the answers about a syndrome affecting a family member, Cole reached out to others, creating an online resource for families like his.

The organization he started boasts more than 1,400 active members and chapters in Argentina, Canada, United Kingdom and Australia. Operated entirely by volunteers, the group provides information about the disorder and its treatment to those with Dandy-Walker Syndrome, their family members, caregivers and the medical community that supports them.

In addition to directly supporting families and advancing public knowledge of the syndrome, the organization promotes research and advocates for additional funding and services at the State and Federal level. Cole said he spends about 20 hours a week of volunteer time working on the organization and its website and on Dandy-Walker Syndrome issues.

With the help of a national organization supported by the CFCNCA, Cole and his group expanded their online resource, creating a volunteer network of doctors that can provide guidance to parents looking for information. Getting the right medical advice is crucial, particularly

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CFC #83554

Friends of Homeless www.foha.org



when dealing with a disorder many doctors have never encountered, Cole said.

A volunteer once took a phone call from a family in Kentucky that had been told to enjoy their little girl during the short time she would live, because there was nothing that could be done for her. "It turns out there was something," Cole said. "We were able to link that family up with a neurosurgeon over in Lexington, and they were able to get her the treatment she needed."

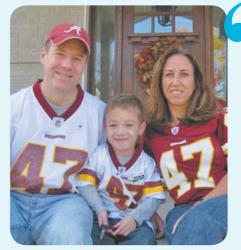
Families logging into the online resource find virtual shoulders to cry on and opportunities to share their successes. Recently, one mother asked others to share some positive stories to help her sustain hope for the future of her child. Volunteers weighed in with stories, advice and support.

Providing such a forum for families required technical skill that Cole possessed and new skills Cole had to develop. A national CFCNCA-

supported group offered key advice on non-profit management and shared contacts, vendors and guidance, making the forum possible.

The group also helped Cole as he prepared to testify before Congress about the effects of Dandy-Walker Syndrome. In 2008, Congress passed House Concurrent Resolution 163, supporting further research and activities to increase public awareness, professional education, diagnosis and treatment of Dandy-Walker Syndrome and hydrocephalus.

Recognizing the crucial role CFCNCA-supported charities have played in his effort to reach out to others affected by Dandy-Walker Syndrome, Cole also speaks about his experiences to raise awareness of the CFCNCA and its role in funding research, treatment and support for individuals coping with the syndrome and families facing all kinds of other challenges. That encouragement for dealing with a life-changing health



Eric, Ryan and Andrea Cole

condition can come down to the right words spoken at the right time, as the Coles learned at a CFCNCA-supported hospital. Cole remembers that in the difficult weeks before Ryan was born, a doctor whose own daughter has developmental issues turned to the Coles and spoke parent-to-parent:

"One day you're going to look at Ryan and you're not going to see Dandy-Walker or hydrocephalus; you're just going to see your son." These are not just families in far away places you may never go to; nor are the charities... Help is being provided to people you may meet here by local charities whose names you would recognize.

— Eric Cole

Combined Federal Campaign of the National Capital Area



Orphan Care | Clean Water | Disaster Relief | Medical Aid | Hunger Relief

Imagine being scared to hug your child, for fear of breaking a bone.



Unbreakable Spirit

In spite of broken bones, the spirit is unbroken. Help us provide answers to families and fund research into treatments and a cure.

Osteogenesis Imperfecta Foundation



CFC #11334 United Way #9452 www.oif.org



Tracey Lucas found the treatment she needed to restore her life through a CFCNCA-supported organization.

Former Addict Turns Her Life Around

After her son died tragically, Tracey Lucas fell apart. She started using drugs and eventually lost custody of her surviving daughters.

Hungry and miserable, Lucas learned of a CFCNCA-sponsored charity that offers food. When she got to the cafeteria, she was struck by the energy of the people and she heard many women talking about "going to the mountains." She continued to listen to them and found out about the charity's rehabilitation program, which uses camping and hiking trips as part of the treatment plan.

Ready to turn her life around, Lucas checked herself into the program and finally got to experience the healing in the mountains she had heard the women talking about in the cafeteria.

"By the time I went to the mountains I was ready, you know, I was ready," recalls Lucas. "It's beautiful up there. It's beautiful and serene. And there were many nights I just sat gazing at the stars and just thinking about how my life could be, and I got rid of all that pain."

On one camping trip, Lucas was so determined to get to the top of the mountain that she walked full-speed ahead of the others and eventually got lost. She looked down the mountain and said to herself, "Wow, it's such a long fall—If you want to go back and use drugs again, here's your time. You can commit suicide right here." At that point she chose life and knew she was done with drugs. She set off to find the group and soon heard someone calling her name. She realized that the group had found her.

After she returned from the mountains, she rededicated herself to her treatment. She was able to find a job and a place to live, and with the help of the CFCNCA-supported charity she was able to regain custody of her younger daughter and restore her relationship with her older daughter. Of the experience, Lucas says, "It just got me in touch with the person I used to be and I was able to let go. I was determined to bury all the things that were hurting me up on that mountain. And when I returned, it was like a welcoming home."

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Wounded Warrior Gives Back

U.S. Marine Corps Sgt. Adam Kisielewski had been in Iraq for just a month when he and his Lieutenant entered a school in Al Karmah, only to find that it had been booby trapped. The explosion took the Lieutenant's life. Kisielewski lost his left arm and his right leg just below the knee. He also suffered numerous other injuries that nearly cost him his left leg.

While Kisielewski, a newlywed, recovered at Walter Reed Army Medical Center, a representative from a CFCNCA-supported charity began visiting him. Her organization proved vital to his recuperation.

After Kisielewski medically retired from the Marine Corps, he began work as a contractor for the Army. The job left a void for Kisielewski, who missed working on the ground level with his fellow troops. He asked if he could volunteer with the organization that had been so helpful to him. The organization agreed and Kisielewski volunteered for the organization for three

and a half years and then became a full-time employee and the group's Vice President.

As Vice President, Kisielewski still works on the ground with the troops returning from tours in Iraq and Afghanistan. He also helps to create new programs for his organization to help wounded veterans and their families. Additionally, he raises awareness of the challenges that young veterans will face on a daily basis and explains how his organization can help them to meet those challenges.

"I feel truly honored and humbled to be a part of something so much bigger than I am," Kisielewski says. "The sacrifices that these veterans and their families make for our security is extremely difficult to endure at times, and I feel like I am in a unique position to assist in ways very few others can. I am so proud to have a chance to give back some of the support that so many people showed me. It is very rewarding to be able to help wherever I can!"

www.cfcnca.org





Injured veteran Adam Kisielewski got help when he needed it most. Now he's giving back through the same CFCNCAsupported group that helped him.



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Best Practices For Volunteers

Kim Howell Simmonds, a health specialist with the National Institute of Allergy and Infectious Disease, thought like a scientist in her role as Loaned Executive for the CFCNCA in 2009.

Simmonds was successful in persuading the Federal workers at the Nuclear Regulatory Commission and the National Archives and Records Administration to contribute to the CFCNCA by implementing key ideas that she found to be important. They included providing data to her donors; providing personal contact to explain about the program and its supported charities and offering firsthand stories to prove that every dollar donated makes a difference.

Adjusting the message to appeal to the target audience can can have a great influence in encouraging a Federal worker to make a pledge. Campaign volunteers can learn from the experiences of past successful campaigns by taking note of the following tips:

Communicate to motivate

- Spotlight different charities each week to remind donors of the real results that contributions bring to people in need.
- Feature personal stories about the impact of the campaign on employees' lives and include their reasons for donating. Read inspiring CFCNCA success stories shared by Federal employees at www.cfcnca.org.
- Use multiple forms of on/ offline communications to regularly inform, motivate and move employees to give.

The National Institutes of Health/Center for Information Technology created a website to answer questions about the campaign in 2009. Each week the site spotlighted a different charity, gave an update on their giving and showcased campaign event photographs.

Inspire through visuals

- Create a visual marker of donation progress such as a barometer that fills with color as donations come in.
- Personalize marketing materials with pictures of your own employees.

In order to capture the concept of community, the Farm Credit Administration took an aerial photo of employees and created large puzzle pieces that employees reconstructed to build a "Powerful Community of Compassion."

Make events memorable

 Try events that have been successful in the past, such as weekly raffles, Wii tournaments, talent

- shows, Guinness World Record challenges, celebrity appearances and one-mile races.
- Plan a variety of events that will appeal to all age groups and personality types.
- Change the day and time of events to ensure everyone is able to participate.

In 2009, the Environmental Protection Agency hosted more than 50 different special events.

As Simmonds found, people like what they see when they get to know the CFCNCA: "I saw how people can come together to work for a great cause," she said. "The campaign really brings together an amazingly compassionate group of people. This has been a tremendously rewarding experience for me. I am so glad that I have gotten to know the CFCNCA."

CFC #12515



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Life-Changing Mosquito Nets

In Chief Lucas Chilombe's village in Bie Province, Angola, malaria used to take an overwhelming toll. His four young children suffered from bouts of malaria every two to three months. His youngest finally lost the battle against



Young girl smiles with pride as she sits next to her bed net.

this mosquito-borne disease. When a CFCNCA-supported charity came to Chilombe's village to distribute longlasting mosquito nets, the chief immediately put nets over his children's beds. Episodes of the fever dropped and Chilombe's life was changed by diminishing the fear of malaria for him and his family. And it doesn't stop there. After seeing the positive effect of the mosquito nets, Chilombe persuaded other villagers to start using the nets and even recruited women from the tribe to start a campaign communicating key health messages and encouraging the use of the mosquito nets. Because of the donations from the CFCNCA-supported charity, all of the villagers' lives are being changed.



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CFCNCA Honored with Innovator Award

The Office of Personnel Management (OPM) honored the 2009 Combined Federal Campaign of the National Capital Area (CFCNCA) with its National CFC Innovator Award.

www.cfcnca.org

Each year, OPM recognizes campaigns and volunteers who have made extraordinary contributions to the CFC through their dedication and creativity. CFC Innovator Awards are presented to campaigns that implemented an innovative strategy resulting in increased participation and/or contributions. This is the seventh consecutive year CFCNCA has received the award.

OPM honored the 2009 CFCNCA for its integrated online strategy that included moving many of the campaign's traditional marketing tools online, increasing paperless options for donors and providing supportive offline tactics that increased awareness of online options. CFCNCA donors responded with a record-breaking \$66.5 million, raising \$3.8 million more than the 2008 campaign.

OPM also recognized the Combined Federal Campaign-Overseas, which, like CFCNCA, is managed by Alexandria-based Global Impact.

"This award serves as a tribute to those Federal employees and Department of Defense uniformed and civilian personnel who generously contribute to these two campaigns, benefitting millions of people throughout the world," said Renée S. Acosta, President & CEO, Global Impact.



Combined Federal Campaign of the National Capital Area



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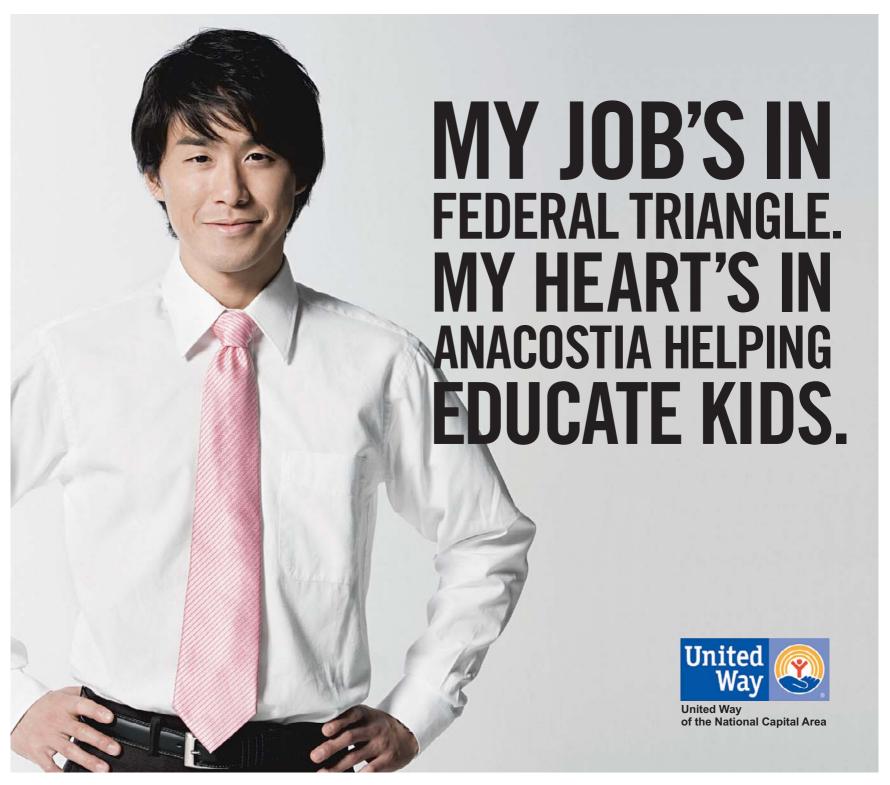


CFC #10160

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How Well Did You Do Last Year? Very Well!













www.cfcnca.org

Federal employees pledged a record-breaking \$66.5 million to help people and communities in need through the 2009 Combined Federal Campaign of the National Capital Area (CFCNCA).

The 2009 CFCNCA, which ran from September 1, 2009, through January 15, 2010, is the only authorized workplace giving drive for Federal employees in the D.C. area, including more than 4,000 charitable organizations. This year the 2010 campaign has just kicked off and will continue through December 15, 2010.

Results last year broke CFCNCA fundraising records, despite challenging economic times. Total pledges were up more than 5 percent

in 2009, exceeding 2008 contributions by \$3.8 million. Federal employees also exceeded the 2009 campaign goal of \$64 million by \$2.5 million.

Of the total pledges, uniformed and civilian Department of Defense employees gave more than \$17 million and the Department of Health and Human Services, the largest civilian agency, raised more than \$5.5 million. More than \$12.1 million in pledges were made online through e-Giving options, an increase of \$4.8 million over 2008.

In February 2010, Linda Washington, Local Federal Coordinating Committee Chairperson for CFCNCA, addressed a gathering of more

than 800 Federal campaign volunteers to celebrate the extraordinary success in 2009. Washington remarked, "Each year, your public service spirit as Federal workers grows stronger. You stood by your commitments and stepped up to help millions of people in need here in our home community, across the nation and around the world."

The CFCNCA was the top-grossing campaign among about 220 individual CFC campaigns held nationwide during 2009. Together, more than 1 million Federal employees nationwide and oversees donated more than \$282 million through last year's CFCs.

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11357	AIDS Community Research Initiative of	10583	Asthma and Allergy Foundation of America		Center
	America	10584	Breast Cancer Research Foundation, The	12135	Multiple Sclerosis National Research Institute
12134	AIDS Research Alliance of America	11865	Cancer Immunology Research Foundation	54977	National Brain Tumor Society
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10581	American Academy for Cerebral Palsy and	11359	Diabetes National Research Group	11334	Osteogenesis Imperfecta Foundation
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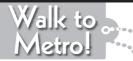
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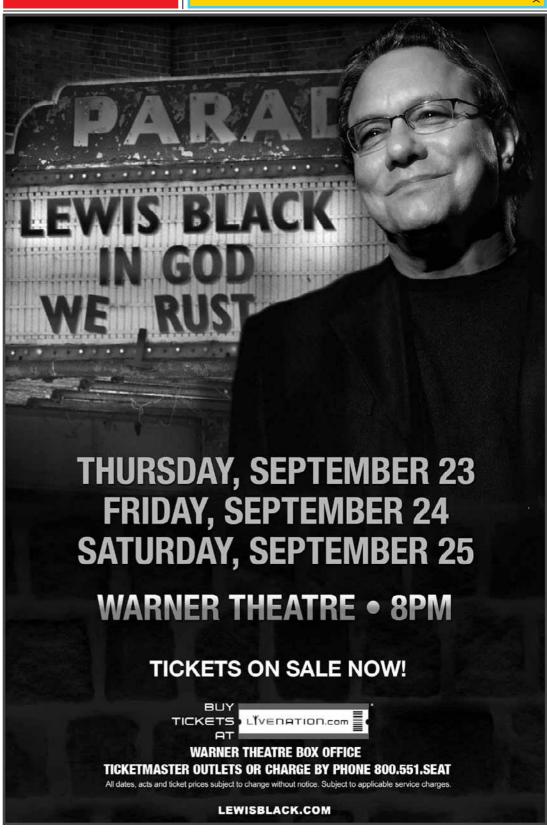
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podcasts. How 2004.



But in the six years since "podcasting" became part of the lexicon, the shows' quality and availability — such as streaming on your phone — has

become astounding. For every Blogtalkradio.com mumble fest, there are FM radio-caliber shows offered for free or a nominal subscription.

I listen to a lot of pro-wrestling and MMA audio, and the shows on WrestlingObserver.com and PW-Torch.com are top-notch. But the vast majority of my non-men-in-tights audio is about science and current events, many from the awesome archives of the BBC and the Guardian.

The science-comedy show "The Infinite Monkey Cage," hosted by physicist Brian Cox, above, and funnyman Robin Ince, can't return to the BBC soon enough. Until then, I'll make do with the likes of "Dr. Karl and the Naked Scientist." Oh, and some music, too. Maybe.

Series' Secret Weapon

The struggling city of Detroit gets lots of screen time in ABC's new police procedural

TV Preview

When "NYPD Blue" veteran James McDaniel signed on for a new ABC cop show called "Detroit 1-8-7," he served as cheerleader in chief in the creators' campaign to shoot in the Motor City.

ABC 10:00 The actor figured they didn't stand a chance because it had never been

done. But he craved the authenticity of being in the city — even if it meant suffering for his art.

McDaniel was floored on both fronts: The network brass approved filming the show in Detroit, and he

"A lot of it is not about the dead; it's about the living — the people who are ... affected by these crimes."

found the city to be inspiring.

"We get here, and imagine my surprise: My wife and I actually love it," he said.

The first network television drama to set up shop full time in Detroit is discovering a city that goes beyond its Rust Belt reputation. The struggling town could be a secret weapon for "Detroit 1-8-7" as it prepares to enter the crowded



Jon Michael Hill, left, and Michael Imperioli, third from left, don't need to convince us they have Detroit street cred — they're there!

market of crime procedurals.

The show, which debuts Tuesday at 10 p.m., features fictional members of a Detroit Police homicide unit. The real city has been unable to shake its bad reputation, but those involved say they can show the grit without glorifying it.

"People's fear was it was just going to be street crime and gang violence. It's really not," said star Michael Imperioli. "A lot of it is not about the dead; it's about the living — the people who are connected and affected by these crimes."

The real neighborhood near downtown where "Detroit 1-8-7"

Inspiration

Rust Belt Roots

The show's creators say they want to be sensitive without shying away from grim realities of city life. Phonz Williams, one of nine writers and a Detroit native, said he strives to balance the horrific and hopeful. "I've lost a few personal friends to senseless violence, and even though they're gone, I don't ever want to ... reduce their lives to that one single act," he said. (AP)

is filming, once synonymous with crime and vice in Detroit, is now in transition.

"Look at this building here — it almost looks like a castle, and it's crumbling, covered with ivy," Imperioli said, pointing to a vacant building that's serving as a preservation project in the episode. "At the same time, you see this alternative movie theater and there's a kind of really cool vintage store.

"The neighborhood was a glorious place that went to seed for a while, and you can see all of it in this tiny little corner of the city."

JEFF KAROUB (AP)



Joaquin Phoenix isn't the only one who's duped us. Just a day after "I'm Still Here" director Casey Affleck revealed to the New York Times that Phoenix's disturbing behavior in the film wasn't real, the Hollywood Reporter dug up evidence that David Letterman was in on the joke, too. One of Letterman's writers, Bill Scheft, said in a 2009 interview: "Dave knew about it and Dave loved it because he could play along. It was great television." (EXPRESS)

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Musical **Melting Pot** The Kennedy Center's

FIESTA MEXICANA continues

with a Millennium Stage performance by Navas, a local band that melds musical styles and languages. You'll be fine as long as you speak English. And Spanish. And maybe Portuguese. You know, you might want to take language a class before you go, just to be safe. Kennedy Center, 2700 F St. NW; 6 p.m., free; 202-467-4600, Kennedycenter.org. (Foggy Bottom)

Acting Exercises

A play about a bunch of would-be community theater actors playing improv games in an adult edu-

cation class sounds, well, even less

appealing than actually taking an adult education class. But in the hands of up-and-coming playwright Annie Baker and a cadre of seasoned D.C. actors, "CIRCLE MIRROR

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proves the premise witty and insightful. Studio Theatre, 1501 14th St. NW; through Oct. 17; 202-332-3300,

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entertainment lookout VACCINE RESEARCH

Always on the Go-Go

Chuck Brown's new release documents his unflagging energy

Album/DVD Review

It's hard to believe Chuck Brown is 74 years old. Of course, his long musical career stretches across five decades of developing and celebrating his own idiosyncratic musical style known as go-go. But he has all the energy and enthusiasm of a much younger man.

His latest release documents his charisma both in the studio and on the stage. "We Got This" includes a short EP featuring five





We Got This Chuck Brown

new songs, and a CD and a DVD documenting a recent show at the 9:30 Club.

The studio material is packed with cameos. R&B artist Ledisi sings on "Funky Stuff," and singer/ actress/poet Jill Scott reprises her hit "It's Love" as a duet with Brown. "When I had the pleasure of hearing Jill Scott sing that song with a go-go groove," Brown said, "I thought, 'Who is this young lady? I would like to do a tune with her."

Brown and his band also cover a recent hit with a strong go-go beat — Beyonce's smash "Single Ladies (Put a Ring on It)." It's an intriguing give-and-take musically. But this is the way Brown stays young: He remains open to new ideas. "I listen to young people," he said. "People listen to me, so we listen to each other. That's a good feeling in itself." STEPHEN M. DEUSNER

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entertainment lookout

The Multifaceted Mulligan

Personalities

Earning an Oscar nomination for her star-making performance as a 16-year-old schoolgirl who falls for a mysterious older man in "An Education" has opened doors for British actress Carey Mulligan.

Even before she was nominated this year, Mulligan, 25, reaped rewards from her performance when the drama premiered at Sundance. It got her an audition with director Mark Romanek for the big-screen adaptation of Kazuo Ishiguro's novel "Never Let Me Go," about boarding school students in an



Next weekend belongs to Carey Mulligan: Both of her new flicks open Friday.

alternate universe England.

"I was, at first, intimidated by how unique her talent is," Romanek says.

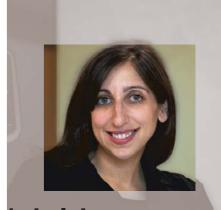
Director Oliver Stone was so taken with Mulligan's "Education" performance that he invited her to play Winnie, the rebellious daughter of Michael Douglas' disgraced financier Gordon Gekko, in the "Wall Street" sequel "Wall Street: Money Never Sleeps." It was one of the first times she was offered a movie role without having to audition.

"I've never had a strategy of what parts I want to do," Mulligan says. "It's always a case of just trying to find something that has no similarity to what I've done previously." (ENTERTAINMENT NEWS WIRE)

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TV tonight lookout

Best Bets

NBC 8:00 **The Biggest Loser** The theme for season 10 is "paying it forward," as Jillian, Bob and Alison travel to seven U.S. cities to motivate communities and find 21 aspiring contestants, 14 of whom will compete for the grand prize at the ranch. Guest stars include season eight winner Danny Cahill, season seven finalist Mike Morelli and season five finalist Mark Kruger.

FOX **8:00** **Glee** In the wake of their crushing loss at Regionals, Will urges the glee club to help recruit new members, especially with the school facing even more budget cuts. But Rachel and Finn (Cory Monteith, right) disagree on the new recruits.



Life Unexpected Summoned to the principal's office, Baze and Cate are stunned to learn that Lux is failing her classes and must dramatically improve her grades or be expelled from school. After getting the rug pulled out from under her at the radio station, Cate begins looking for her next job, while Baze interviews for a position at his father's firm in an effort to grow up. (TRIBUNE MEDIA)



Rom-Com With a Message

RUNNING WILDE

Steven Wilde (Will Arnett), the son of an oil tycoon, and tree-hugger Emmy Kadubic (Keri Russell,

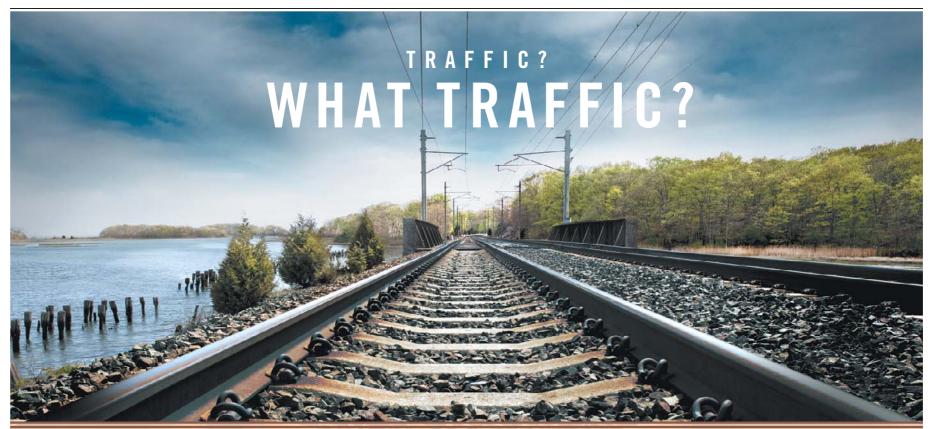
above left), shared teenage crushes once. Now, Emmy's resolved to transform Steven into a do-gooder. Arnett's fellow "Arrested Development" alum David Cross (above right) also makes appearances. (TM)

Premiere



One Rad Dad

If you liked "My Name Is Earl," you'll probably like the quirky new sitcom "Raising Hope" (9 p.m. on Fox), since it features the same type of bizarre characters. Lucas Neff (above) plays Jimmy Chance, a 23-year-old charged with raising the infant born of a one-night stand. (TM)



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Poll Center

Today's Question

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Monday's Results

DO YOU THINK D.C. SHOULD **BAN SMOKING IN OUTDOOR PUBLIC AREAS?**

58% 42%

"Yes. I HATE it that when I go outside, in addition to the vehicle pollution, I often find myself downwind of a smoker, sucking up their exhaust."

COMMENTER DEECEEVOICE

"No. Smoking makes people more productive. Nicotine reduces fatigue and helps with concentration. The French smoke a lot more, and they have the best health stats in the world. The right to smoke and the right to health care are basic human rights."

COMMENTER RUMIT

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM



"I am sure Colin Powell is going to catch a lot of flak for this, but his comments on immigration are right on. This country has not always welcomed immigrants, but they have usually been tolerated."

- FOOLOCRACY.COM AGREES WITH THE FORMER SECRETARY OF STATE'S COMMENTS. POWELL SAID IN AN INTERVIEW WITH NBC'S "MEET THE PRESS" THAT IMMI-GRANTS ARE "WHAT'S KEEPING THIS COUNTRY'S LIFEBLOOD MOVING FORWARD



"Our greatest hope for 'Boardwalk Empire's' focus on New Jersey is that it brings themed galas and perhaps entire weekends. We'd gladly travel the two hours down from New York for a Prohibition party, and surely the resorts are developing such deals as we write this."

- JAUNTED.COM HOPES THE NEW HBO SHOW WILL BRING SOME POSITIVE PRESS TO THE STATE AS OPPOSED TO MTV'S "JERSEY SHORE" AND BRAVO'S "REAL HOUSEWIVES OF NEW JERSEY."

"When all else fails miserably, pop stars always have the inevitable Christmas album to fall back on. And this year, Mariah Carey will cash in on that safety net with her shameless 'Merry Christmas II You,' the sequel to her 1994 hit album 'Merry Christmas."

> - CHARTRIGGER.BLOGSPOT.COM THINKS CAREY'S LATEST HOLI-DAY RECORDING IS A BLATANT MONEY GRAB.

"Let's not forget that Facebook snagged a former Google/ Android auv earlier this year. Perhaps he is helping with the no-longer-secret project? Then again, maybe he's only helping to design the Android application. I like the idea of a middleground answer: deep Facebook integration within Android."

- ANDROIDGUYS.COM REACTS TO RUMORS THAT THE SOCIAL NETWORKING SITE IS CREAT-ING A PHONE OF ITS OWN.



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puzzles lookout

Horoscope

VIRGO (Aug. 23-Sept. 22) With a little creative thinking, you can overcome an obstacle that is thrown in your path quite by surprise.

LIBRA (Sept. 23-Oct. 22) Bargains are out there, but you may have to search a little harder than usual to find exactly what you are looking for.

SCORPIO (Oct. 23-Nov. 21) You'll be called upon to find a path through some difficult terrain — literally or figuratively. Your tenacity pays off.

SAGITTARIUS (Nov. 22-Dec. 21)

You may find yourself in charge of a situation that others have allowed to get out of hand. This inheritance can be good for you.

CAPRICORN (Dec. 22-Jan. 19)

Pay attention to the signals your body is sending you. You can keep your heart and mind in perfect balance even through difficulty.

AQUARIUS (Jan. 20-Feb. 18) You will need a little assistance, but only at the right time — and for the right reason. Don't solicit help prematurely, however.

PISCES (Feb. 19-March 20)

You should be able to maintain a steady pace throughout the day, while others find it difficult to keep things going as planned.

ARIES (March 21-April 19) You'll have the chance to show off a little more of your inimitable style, even while you tend to routine affairs.

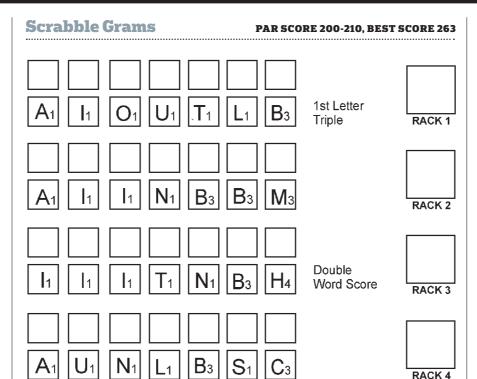
TAURUS (April 20-May 20) Things are likely to go as planned throughout the first part of the day. Later on, however, a few surprises demand a shift in focus.

GEMINI (May 21-June 20) Your day is likely to take on an odd tone at some point, and you'll find yourself surrounded by those who are pressing their own agendas.

CANCER (June 21-July 22) You will be able to reduce the friction between two parties who insist on carrying a feud over a complication that is not of your making.

LEO (July 23-Aug. 22) You'll receive all manner of data that points you in a new direction. Still, you may not be prepared, just yet, to change your heading.

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RACK 1 = 74 RACK 3 = 64

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Sudoku

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			1		5			
6		3		7		8		1
	4	3 5				8	9	
9								4
	6	2				5	7	
2		6		3		5 9		5
			5		8			
	9			1			4	

Yesterday's Solution

2	1	6	9	8	4	5	7	3
7	3	9	6	5	1	4	2	8
5	8	4	3	7	2	1	9	6
8	6	5	7	4	9	2	3	1
1	2	3	8	6	5	7	4	9
4	9	7	2	1	3	6	8	5
3	7	2	1	9	6	8	5	4
9	4	1	5	2	8	3	6	7
6	5	8	4	3	7	9	1	2

Need more Suldolku?

Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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Comics

PAR SCORE 195-205

Yesterday's Solution

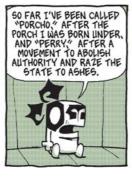
O₁ U₁ T₁ S₁ W₄ I₁ M₃

R₁ A₁ M₃ P₃ A₁ R₁ T₁

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POOCH CAFE | PAUL GILLIGAN









PEARLS BEFORE SWINE | STEPHAN PASTIS







Forecast



Today: Sunny much of the time and nice today. Mainly clear tonight.



Tomorrow: Humid tomorrow with sun, some clouds. Partly cloudy tomorrow night.

Looking Ahead







Almanac

89 | 70 | 91 | 69 | 82 | 61

Sun and Moon

Sunrise today: 6:55 a.m. Sunset today: 7:07 p.m. Moonrise today: 6:04 p.m. Moonset today: 5:16 a.m.

Normal high: 78 Record high: 94 Normal low: 61 Record low: 41

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17

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Crossword **HR HITTERS**

36

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59

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63

15

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60 61

37

ACROSS

- 1 Dungeons & Dragons creatures
- 5 Video game system 9 Thai monetary units
- 14 "... for a ___ pittance"
- 15 Tiny bit
- 16 "David Copperfield" character Heep
- 17 "The Iliad" figure
- __ melt (sandwich)
- 19 Black, in Spain
- 20 Freedoms shared by every person
- 23 Cut down with an ax
- 24 Absence of oomph
- 25 Cut off, as fleece
- 27 Toss out of school
- 30 Different from
- 33 "Zip-a-Dee-Doo-
- 36 Caught a glance of
- 38 Beta tester, e.g.
- 39 Cute residents of Endor
- 41 Suffix with "real" or "ideal"
- 42 Black cats, to some
- 43 Window division
- 44 Side job for some singers
- 46 Constantly stewed dude
- 47 Like some nouns
- 49 Pittsburgh product,
- historically
- 51 Prepared potatoes, in a way
- 53 Didn't hold water
- 57 Chestnut case
- 59 Place to see sulkies
- 62 Quarter-rounded molding
- 64 Toy that does tricks
- 65 Black, poetically
- 66 Chaotic brawl 67 "Don't ___ think about it!"
- 68 Dim bulb
- 69 Machine that makes bundles
- 70 X-ray dosage units 71 Ties in Tokyo

- 1 Largest city in the Cornhusker State
- 2 Episode of "The Brady Bunch," e.g.
- 3 ___ de menthe

- 4 Type of seed or oil
- 5 Ancient Persian governors
- 6 Decorative needle case
- 7 Large percussion instrument
- 8 Asian nannies
- 9 Burner designer
- 10 More than is?
- 11 Some multistoried
- buildings 12 Allowance for weight
- 13 Come in third at the Preakness
- 21 Puts the kibosh on
- 22 Dull sound
- 26 Reunion invitee
- 28 Of monumental
- proportions
- 29 "Things to do" and

- 31 Bingo's cousin
- 32 Once, but not nowadays
- 33 "Chocolat" star
- 34 "Suppose They Gave _ and Nobody Came?"
- 35 A student's place?
- 37 Discharge, as light
- 40 Military chapeau
- 42 Arch types
- 44 "Diamonds ___ Girl's **Best Friend**"
- 45 Harriet, Ozzie and Rick
- 48 "Me too" kind of guy
- 50 Texas border town
- 52 Appliance in many
- hasements
- 54 Meal on a skewer
- 55 Bacteria in uncooked
- 56 Fender bender results

57 Box-office flop

65

68

71

- 58 Eyeball layer
- 60 ___ Scotia
- 61 Checked out, in a way
- 63 "Inside Man" director Spike

12

31 32

55

16

19

42

38

Yesterday's Solution

<mark>Today</mark> in History

1893 Une or une masson. See Less carriages is taken for a test drive in Springfield, Mass., by Frank Durvea. who designed it with his brother, Charles.

1897 The New York Sun runs its famous editorial that declares, "Yes, Virginia, there is a Santa Claus."

National Football League players begin a 57-day strike, their first regular-season walkout ever.

EXPLOSE



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people lookout



POVERTY

That Reality TV Won't Exploit Her Is a Testament to How Sad This Really Is

Nadya "Octomom" Suleman says she has only enough money to get her family through one more week. "We're destitute right now," she told Radaronline.com, "Food is my first priority," she added. The owner of her home, Amir Haddadin, says he is going to evict her — and that she's solvent. "She's hiding her money, and I intend to expose her to the public," he told Radar. (EXPRESS)

The Award Winners Hide Behind Their Other Awards

CBS says Queen Latifah will be back again to host "The People's Choice Awards." CBS says she will be on board for her fifth-consecutive year when the awards show airs on Jan. 5 from the Nokia Theater in Los Angeles. In its 37th year, "The People's Choice Awards" is voted on entirely by the public for their favorites in music, movies and television. (AP)



"Favorite Animal Show" and "Favorite Web Celeb" await her attention.

Dirtbag Digest



Man Unidentifiable Sans Housewife

Joe Giudice, husband of New Jersey Real Housewife Teresa, began his jail term at Morris County Correctional Facility on Monday, Radaronline. com reported. Giudice was sentenced to 10 days for driving with a suspended license. "Since it's a high-profile case and he has a short stay, he will be in the cell alone," a source said. (EXPRESS)



More, With **Feeling**

SAD A Beverly Hills, Calif., judge on Monday issued an arrest warrant once for Lindsay Lohan after the actress acknowledged failing a drug test. Lohan could wind up back behind bars if she is found to have violated probation. Lohan will remain free pending a Friday court hearing, according to officials from Los Angeles County Superior Court. Lohan confirmed on her Twitter page last week that she failed a court-ordered drug and alcohol screening. (AP)



RHETORIC

Lady Gaga Won't Let The Meat Metaphor Go

Lady Gaga led a rally in Portland, Maine, Monday for the repeal of the military's "don't ask, don't tell" policy. "I spent 48 hours trying to find the perfect thing to say," Gaga intoned upon taking the podium at Deering Oaks Park, according to a live blog by the Morning Sentinel newspaper. "My address to you today is called the 'prime rib of America.'" She went on: "Equality is the prime rib of America, but because I'm gay I don't get to enjoy the greatest cut of meat my country has to offer." (EXPRESS)

"I'm really sorry to see it go. For months it was my only friend, and a perfect place to save leftovers."



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